



WeightLoss & Training.com

Volleyball Training Workout Routine

Exercise	Set 1	Set 2	Set 3	Set 4
4 sets, 12-14 reps (first set is warm-up):				
Jump Squats with dumbbells				
Squats on Bosu Ball holding medicine ball				
Medicine Ball Wood chopper				
Shoulder raises with dumbbells				
Shoulder presses with dumbbells				
Seated Calf Raises				
Alternate Incline Dumbbell Curls				
Overhead Single Arm Tricep Extensions				
Ab Roller				

[Workout provided by www.weightlossandtraining.com](http://www.weightlossandtraining.com)



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